



STERNEN

UND
JENSEITS

MARCH, 1973

VOLUME II, No. 3

35¢

TABLE OF CONTENTS

<i>Attention and Energy</i>	
<i>Lecture by Richard P. Goodwin</i>	3
<i>Book Review</i>	
<i>by Dorothy Craine</i>	5
<i>Student's Corner</i>	
<i>Article by Duncan Robertson</i>	7
<i>Fundamental Facts of Spiritualism</i>	
<i>by A. Campbell Holms</i>	8
<i>Visitors Views</i>	
<i>by Duncan Robertson</i>	9
<i>Spiritualist Dictionary</i>	10
<i>Proverb by The Wise One</i>	11
<i>Prayer for Spiritual Healing</i>	12
<i>Healing Hands</i>	
<i>Article by Pauline Leonard</i>	13
<i>News and Views</i>	
<i>by Barbara Murphy</i>	15
<i>A Guide to Mediumship</i>	
<i>by E.W. & M.H. Wallis</i>	16
<i>Evolution Spiritually Interpreted</i>	
<i>by Andrew Jackson Davis</i>	18
<i>The A.B.C. of Spiritualism</i>	
<i>by B.F. Austin, A.M., D.D.</i>	19
<i>Cook Book Capers</i>	
<i>by Edie Faubel</i>	22
<i>Invocation</i>	23
<i>Busy Bees</i>	
<i>by Barbara Murphy</i>	24
<i>Declaration of Principles</i>	25
<i>Proverb by The Wise One</i>	26
<i>Becoming a Spiritualist</i>	
<i>by H. Gordon Burroughs</i>	27
<i>Lest We Forget</i>	28
<i>Poet's Pen</i>	30
<i>Fables for Young and Old</i>	31
<i>Serenity Books</i>	32
<i>Ever-Recurring Questions</i>	
<i>by Andrew Jackson Davis</i>	33

*Published Monthly by SERENITY SPIRITUALIST ASS'N.
NSAC, P. O. Box 137, Forest Knolls, Ca. 94933*

Richard P. Goodwin *Editor*
*All unsolicited manuscripts must be accompanied by a self-
addressed, stamped return envelope.*

Opinions expressed are not necessarily those of the Sentinel.

TABLE OF CONTENTS

Attention and Energy

Lecture by Richard P. Goodwin..... 3

Book Review

by Dr

Student

Artic

Fundan

by A

Visitors

by E

Spirit

Prov

Prac

Hea

Ne

A C

Eve

Th

Co

Inv

Bu

De

Pro

Be

Les

Poet's

Fables

Serenity

Ever-Re

by A

Published

NSA

Richard P.

All unsolicited manuscripts must be accompanied by a return address, stamped return envelope.

Opinions expressed are not necessarily those of the Sentinel.

Combination Order Form

- ☐ One Year (12 issues) at \$3.70
(savings 50¢ over single copy price)
- ☐ Two Years (24 issues) at \$6.90
(savings \$1.50 over single copy price)
- ☐ Three Years (36 issues) at \$10.10
(savings \$2.50 over single copy price)

Foreign postage--add \$1.25/yr., except Canada, U.S. Possessions, APOs, and FPOs. Canadians add exchange rate difference. (includes postage and handling)

Name _____ (Please Print)

Address _____

City _____ State _____ Zip _____

Payment by ☐ check or ☐ money order in the amount of \$ _____ is enclosed

Back Issue

Please send me _____ Back issues of Serenity Sentinel at 50¢ each as listed below:

Qty.	Issue No.	Issue Date	\$ Amt.	Qty.	Issue No.	Issue Date	\$ Amt.
Total \$				Total \$			

My ☐ check ☐ money order in the amount of \$ _____ is enclosed as payment. Please allow 2 to 4 weeks for delivery.

ATTENTION AND ENERGY

*A lecture given at Serenity Spiritualist Church on February 4, 1973
through the Mediumship of Richard P. Goodwin.*

Gift Subscriptions

your name _____
(Please Print)

address _____

city _____ state _____ zip _____

☐ One Year (12 issues) \$3.70

☐ Two Years (24 issues) \$6.90

☐ Three Years (36 issues) \$10.10

Add \$1.25 per subscription year for Foreign

Postage, except Canada, U.S. Possessions, APOs,
and FPOs. Canadians add exchange rate difference.

My ☐ check ☐ money order in the amount
of \$ _____ is enclosed as payment.

to _____
(Please Print)

address _____

city _____ state _____

zip _____ one ☐ two ☐ three years ☐

sign gift card "from": _____

to _____

address _____

city _____ state _____

zip _____ one ☐ two ☐ three years ☐

sign gift card "from": _____

to _____

address _____

city _____ state _____

zip _____ one ☐ two ☐ three years ☐

sign gift card "from": _____

e but all of the time. We
the power or the energy
all of our acts and our
erent areas in different
d awaken to the great
er we are entertaining
e of what the New
Everything in this
than the effect of
he thought of need,
e in truth doing is
so doing, we are
govern our lives.
han that, my good
ion. If it is true and
effect of directed
ting his thought to.
it School and tried
ctively without any
that we may have
nscious mind is the
ous is the magnetic,
in directing thought
of a minute, unless we
ie truth and are able to
of retraining. It is not a
it is indeed a matter of
ergy, to laws that we and

ATTENTION AND ENERGY

*A lecture given at Serenity Spiritualist Church on February 4, 1973
through the Mediumship of Richard P. Goodwin.*

I am sure it is of interest to all of us, not part of the time but all of the time. We understand that this mind of ours is a vehicle which directs the power or the energy known as Infinite Intelligence or God. And so we see in all of our acts and our activities that our attention goes in a multitude of different areas in different moments during the course of a day. When we realize and awaken to the great truth that we are giving forth this life-giving energy to whatever we are entertaining in thought at any given moment, we can see the great value of what the New Thought School calls positive thinking or constructive thinking. Everything in this universe, that we see around and about us, is nothing more than the effect of directed energy. If we find in our lives that we are entertaining the thought of need, the thought of lack or the thought of limitation, what we are in truth doing is directing energy into that level of consciousness and in so doing, we are guaranteeing beyond the shadow of any doubt the very thing to govern our lives.

They say that it pays to be positive. Well, it does more than that, my good friends, it frees us from the limitation that we have set into motion. If it is true and nature herself demonstrates that truth—that everything is the effect of directed energy, then it behooves man to choose wisely what he is directing his thought to. Many people have stated that they have tried this New Thought School and tried for many months or even years to think positively and constructively without any beneficial results. Well, it is very evident, my good friends, that we may have tried but only with this conscious mind. Remember that the conscious mind is the electrical mind, the directing mind, and the so-called subconscious is the magnetic, the attracting mind, the receiver. We have spent a lifetime in directing thought into negative avenues. We do not change that in the course of a minute, unless we have truly awakened to ourselves and in so doing know the truth and are able to demonstrate it wholly, fully and completely. It is a matter of retraining. It is not a matter of what you must push into the mind to free it; it is indeed a matter of what must be taken out of it in order to free it.

We are all here this morning according to directed energy, to laws that we and

we alone have set into motion. We made the choice and we made that choice according to many variables that are set into motion inside our own minds. We could be some place else, we can say to ourselves, but we're not. We are here for a purpose. If we are not here for a purpose, then we are no longer thinking people with any sense of reason or light. I am sure we are not here because there was no place better to go in the multitude of places there is in this universe and in this city, but we are here because there is something inside of us that is seeking something. We may decide that we know what that something is or we may decide that we are not quite sure. But whatever it is that we decide, that and that alone, is what we will receive. If we decide that we are not sure and we are filled with doubt and uncertainty, then that is the only thing that we can receive because it is the only thing that we are sending out.

No one anywhere asks us to believe in anything. We have a reason faculty that we are born with in this universe and that reason faculty is very clear. It says, "Man, think and think more deeply," – think for yourself. Look deep with inside your own being and see what it is that is influencing your thought, your acts, and your activities. Are we influenced by our friends, our associates and those in authority, or are we influenced by our own soul in the fulfillment of its destiny? Let us ask ourselves that question a bit more often. Let us not be the leaf upon the water that's constantly tossed from shore to shore, never finding its true home because its true home it is not seeking. We cannot find, my good friends, what we're not seeking. So let us first ask ourselves what is it in truth in this life that I am really seeking, so that we may use this divine energy in a practical, logical and reasonable way.

Ofttimes persons will expose themselves to a teaching with preconceived thoughts and ideas of what they should be receiving from it and, of course, if they do not receive what they have set into motion they are disappointed. Because man is a law unto himself, he sets into motion that disappointment. When we go to school to learn any subject, we don't tell the teacher how to teach us and we don't tell the teacher how much we are to learn. We go to receive and to be receptive not to accept blindly without thought, but at least to have an open mind which is a clear mind and so it is in our daily life, when we encounter so many different things. What is it that we, and we alone, are setting into motion? Life herself is like a great mirror. She reflects back to us every moment of every hour what we, and we alone, are sending out into the atmosphere. Now that is not such a pleasant thing to some of us some of the time but at other times it is indeed a most pleasing thing to be aware of. But the law herself is totally impartial. If all of the ex-
(Continued on Page 29)

Book Review



"SPIRITUAL COMMUNITY GUIDE FOR NORTH AMERICA"

by The Spiritual Community - San Rafael, California

Reviewed by Dorothy Craine

In keeping with Serenity Church's understanding that everyone should go to the church, philosophical organization or spiritual path of his choice, the book department is offering a new volume called "Spiritual Community Guide." This directory is published in San Rafael by a spiritually minded group of young people and our department is offering these books at cost to help their effort to acquaint like-minded seekers with the many opportunities to tune into spiritual matters through investigation of the diverse modes present in our immediate world.

In keeping with the logical understanding that all modes of religion, reverence and spiritual effort are speaking of the same ONE divine intelligence, the numerous paths are images for teaching us that our inner spirit has priority because it, alone, is eternal. Our minds and bodies are what we have to work with, and these are marvelous. Careful training of mind and body furthers spiritual growth.

This 200 page volume includes a guide to spiritual centers annotated and indexed. California and the Bay Area in particular are emphasized. There is a community directory for the United States and Canada. There are photos of spiritual leaders and a fine glossary of philosophic vocabulary from many paths. There are excellent short essays on tao, spiritual communes, meditation, mandalas, mantras, spiritual dancing, herbal therapy, macrobiotics, massage, healing, devotion and yoga.

This is a useful book to have in your automobile when you are motoring near and far. You can readily find an organic lunchroom or a psychic bookstore or a devotional center or ashram to visit. Health food stores, restaurants, bookstores, (Continued on Page 6)

Continued from Page 5

and libraries are included in the listings. You could use this Guide as a directory all the way across America.

"Spiritual Community Guide" is a most attractive book with lovely inspirational and instructive drawings. Acquire one of these books (at cost-price \$2.00) and review the many paths. If you are attracted to some, visit them and write us what you saw, learned and felt. All of us are interested.

EDITOR'S NOTE—

Books reviewed in this column are available through Serenity Spiritualist Association. Please see page 32 of the Sentinel for information regarding this book and others of interest.

MY CHURCH

*My church has but one temple,
Wide as the world is wide,
Set with a million stars,
Where a million hearts abide.*

*My church has no creed to bar
A single brother man
But says, "Come thou and worship"
To every one who can.*

*My church has no roof nor walls,
Nor floors save the beautiful sod—
For fear, I would seem to limit
The love of the illimitable God.*

—Unknown, signed E. O. G.

Student's Corner

SPIRITUAL WINGS

by Duncan Robertson



If one is to seek to balance his being; that is, realize his full potential in this life, spiritually, mentally and physically, he must first look to the spiritual. Not because by "becoming spiritual" he will then be balanced, but simply because this seems to be the dimension of our being which is most neglected. We are educated from birth regarding physical possessions and their apparent importance in the "rating" of individuals on the scale of society. We are also taught that the more we "know" about our physical universe and how to manipulate it the better our rating will appear. But, we must ask ourselves, just whom are we living this life for—society?

I realize that it is difficult for any individual who has been schooled from birth that his standing in society is the net value of his entire being to look to the spiritual when it makes no promise of improving that physical rating. But, unfortunately, that is one of the laws of the universe—as we look toward one we must turn away from the other. Many of us might like to fly to work in the mornings and avoid all the traffic and parking problems, But, so long as we are physical beings and receptive to the law of gravity, we simply weigh too much to do so.

As man looks to the spiritual he is doing so from the perspective of a physical being—attempting to recognize that portion of himself that can "fly," so to speak. But he'll never get off the ground so long as he has weighted his estimate of himself with the limitation that the physical is all there is to life!

Man has a soul — spiritual wings — whether he wishes to recognize the fact or not and they are capable of carrying him to spiritual heights which, perhaps, he has never imagined. But he cannot learn to "fly" so long as he is anchored or weighted down by the physical limitations he has imposed upon himself.....any more than a plane can fly that is tied to the hangar. This is not to say that for one to fulfill his potential he must discard all of his physical values.....or cast off the anchor entirely. But—it is to say that he must lighten the load sufficiently to enable his spiritual "wings" to function. For, in this state of balance within the laws which govern this universe, his potential on all levels is without limit!

THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holmes

TELEPATHY

Telepathy is the faculty by which people can read the unuttered thoughts or feelings in the minds of others. It is a supernormal one, for in the majority of people it is never in evidence. In a few it is rudimentary; in mediums it is strongly developed, for in them, as just seen, the subconscious mind is accessible to telepathy impressions from spirits incarnate and discarnate. Many carefully planned experiments have been made to test whether or not thought can be conveyed between individuals, through space, telepathically; and in the reality of the faculty has been proved repeatedly to the satisfaction of many well-known scientific men. With good mediums, between whom there is a bond of sympathy, distance appears to be of no account. The phenomenon, although recognised and accepted, is still inexplicable, and how thoughts are transferred is a profound mystery. The fact that their transference is arbitrary and uncertain indicates the existence of physical influences not under control of the experimenters.

Telepathy between the minds of the medium and sitter is often urged by skeptics as an explanation of all spirit communications. But this is not consistent with our knowledge of telepathy as obtained experimentally, which shows that, between those still in earth life, it is feeble and uncertain, and something quite different from the telepathic messages received by a medium from an external spirit. The latter are often prompt and precise, and they may contain abundant and unexpected details of long forgotten incidents and show knowledge of things unknown either to the medium or sitter. Then, again, telepathy cannot explain how a medium may speak to a sitter or write messages in an unknown foreign language.

CLAIRVOYANCE

Clairvoyance is the facility by which a medium is able to perceive or gain intimate knowledge of things, past, present, or future, independently of the ordinary senses. It varies greatly both in power and character. While in some mediums it is only rudimentary, in others there seems to be scarcely any limit to
(Continued on Page 14)

Visitors Views



By Duncan Robertson

Typically, this column is devoted to the observations of visitors and guests who have been significantly impressed with the services and opportunities offered by Serenity.....as, indeed, most visitors are. But, we do, from time to time, receive unfavorable comments and as the very act of growing implies change, this writer feels that these comments especially deserve careful consideration. A criticism that has arisen several times is an expression of resentment to the "sales pitch" for books and periodicals during the service.

Certainly this is a departure from the "typical" church service.....but then, Serenity is not a "typical" church. We are working toward building a church of our own in the near future. And, as we are operating within a physical world, physical assets are needed. Literature sales help toward this end. But, the true purpose of these presentations is to provide building blocks of another nature.....those that can build the foundation of the only true church: that that is within us. No building is going to provide spirituality, nor are all the great teachings since the beginning of time.....only we, ourselves, can seek and recognize spirituality. The books and periodicals are offered specifically to stimulate interest within each of us so that we may begin to question our relationship to the universe: for to question is to seek and to seek is to find.

This is the essence of WHY books and periodicals are offered during the services at Serenity. As to HOW the presentation is made, we are always open to suggestions from visitors and members alike. Please let us know your feelings!


SPIRITUALIST DICTIONARY

Time:

Clairvoyant phenomena have a peculiar disregard for the normal time sequence, perception being sometimes of the future or of the past. Similar effects have been noticed in the famous card-guessing experiments by Professor J. B. Rhine. Sometimes the card forecasted has been the next or the next but one to be exposed in the future. Medium's controls are vague and often erroneous in time estimates, saying that they have a different time sense or, 'no time, as you understand it'. Hypnotic experiments, however, reveal an enhanced time sense, the entranced person often being able to register a lapse of time to precise limits when suggested to do so. The faculty of psychometry also gives a sample of past time sequence in the history of the object. The fact of prediction alone, makes one wonder whether our time sense is illusory. J. W. Dunne has some interesting theories based on his own researches wherein he believes that we all travel through a pre-set experience in normal consciousness. When we sleep, he says, our point of focus is expanded, and we are then conscious of a little more in advance of the 'now' point, due to the enlarging of the field of focus.

Vibration:

A regularly recurring unit of frequency in a given time. A misleading word frequently used by Spiritualists to denote a phase of mental attunement. To reduce the spirit world to time and space concepts, is to make it of the same order of existence as the physical world: different only in degree and still operating in time and space. Yet the spirit people tell us constantly 'we have no limitations of time and space'. Therefore their world is of a different order. As we are spirits now, we already know of this non time-space order—the world of ideas. Spirit beings, to contact our environment do not have to do anything mysterious physically, like 'lowering their vibrations', they contact us as spirit—'behind' our sense impressions of space and time. The physical order of existence is perhaps erroneous: a part view only of reality, maybe a limitation imposed upon us for our instruction and development.



*A HALF A SOUL WITH
GOD, IS BETTER THAN
NO SOUL AT ALL.*

—The Wise One



PRAYER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.*

*I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands



SPIRITUAL HEALING

There is no kind of illness to which humanity is heir that cannot be helped to some extent, if not totally, by spiritual healing.

Public healing services contribute to awakening the spiritual consciousness of people. As the remedial changes are induced in a sufferer, the truth becomes obvious that the means by which they are attained cannot be of human origin and can only come from a heavenly source.

Spiritual healing can, and does, demonstrate the spiritual truth that when this phase of life is over, it is not the end. It demonstrates that we are all akin to spirit now and that we must possess spirit qualities in this life.

Spiritual healings are not mysterious, though we tend to make them so. As far as the healer is concerned, the healing act is one of simplicity and because it IS one of simplicity—because it is so simple (for the effort is not “of us” but comes “through us”) that we find it difficult for some to allow their understanding to be satisfied with its simplicity.

Absent healing is, as the name implies, healing from a distance. It may be that absent healing is thought by some people to be the Cinderella of healing because it is not so realistic as contact healing, less tangible and more abstract. This is a mistaken idea, for absent healing is very real and equally as effective as contact healing in the majority of cases, and this is a more advanced method than the other. One of the most common experiences with those who are receiving absent healing is the awareness of a feeling of inner upliftment and new strength, as soon as the help commences.

Healers learn never to limit the power of spirit to heal.

by Pauline Leonard

Continued from Page 8

its possibilities. In all cases it is inconstant and evanescent. If there is an effort made to perceive, as when a test is demanded, there may be no success, but later, when mental tranquility prevails, the faculty may operate freely.

Some well-developed clairvoyants can read closed books, or letters enclosed in opaque envelopes, do fine needle-work in the dark, or see the whereabouts of lost property and describe the circumstances of its loss. Some are able to diagnose diseases, and describe accurately the nature of internal disorders beyond the range of ordinary medical knowledge. And some can do this just as well in the case of a far-off patient whom they have never seen.

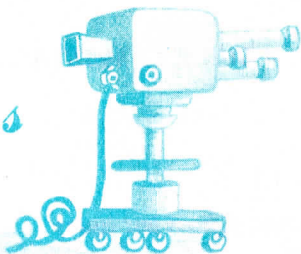
The faculty of travelling clairvoyance is specially interesting, for it seems to annihilate space. At the request of a sitter the medium, who is usually entranced, will, in effect, proceed to find someone, or go to some specific place, describe his supposed journey, how he has now arrived, perhaps in a room in a strange house, which, with its occupants and their doings, he will describe with sufficient detail to permit of subsequent verification. He may be asked to go find what a distant friend is doing; with some mediums the name of the friend alone suffices, but others require some article belonging to him, influence from which enables him to establish rapport and describe his present doings and surroundings.

PSYCHOMETRY

Psychometry is the peculiar clairvoyant faculty by which certain mediums, while in the normal state, can perceive incidents connected with any object to which they may direct their attention. If given, say, a piece of wood or stone brought from some place of historical or other interest, a good psychometrist will describe the place in detail, and various incidents in its history. Similarly, on merely holding a person's hand, he will describe his character, state of health, and various incidents in his life, past, present and future. And he will do the same for a distant friend, if given a lock of his hair or merely something he has written or handled. This presentation of an article to a medium is a common method of assisting him to get in touch with a friend who has passed over, the lock of hair, or whatever it is, serving as a sort of connecting link.

Lost property has been traced and many crimes unravelled by the help of a good psychometrist. The spirit people rarely care to assist in hunting down criminals, for they are not usually in sympathy with our notions of retributive justice, but guidance from the beyond is not essential to a clairvoyant medium when unfolding the past, present or future.

News & Views



by Barbara Murphy

A dinner with Serenity..... One of the social highlights of each month is a dinner-social held the last Saturday evening at the Log Cabin in San Anselmo. Try to be there at 6:30 p.m., the start of the festivities. We have new games to play, prizes to be won, songs to join in singing, and best of all-the best home-cooked food you've had in a long time! We had such success with these at the last social..... Everyone really enjoyed themselves. See one of the church workers for tickets or information; the next date is March 31st.

If you had a chance to see the presentation on "The Crystal Skull," given by Mr. and Mrs. Frank Dorland on March 1st, you'd know that there was standing room only. The Dorland's presentation was fascinating and informative. If you missed it, you can read all about the skull in a new best seller entitled "The Crystal Skull," published by Doubleday & Company.

The spring semester classes on Spiritual Awareness will be starting May 3, 1973. Enrollment is quickly reaching maximum capacity, so please register as soon as possible.

The 125th Anniversary of Modern Spiritualism will be celebrated with a special service and lecture reviewing the multitude of achievements and advancements of spiritual awakening brought to the world by devoted and dedicated selfless pioneers faced with the ever-present obstructions to new ideas, which lead man on to ever new ideals. This special service will take place Sunday, March 25th, lecture to be given through the Mediumship of Mr. Richard P. Goodwin.

On May 6, 1973, Mr. Goodwin will lecture on "Spiritualism and The Christian Bible," for Spiritual Frontiers Fellowship. He will explain some of the spiritualistic content of the Holy Bible as it applies to modern Spiritualism and practical living aims. This special program will be held at the First Congregational Church at 8 North San Pedro Road, San Rafael, California. Don't miss this one, because each time we attend one of his lectures, more is revealed to us. Remember—Sunday, May 6th, at 7:30 p.m.

****News of interest to Spiritualism would be welcome in this column.*

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

(Continued from last issue)

The cooperative association of medium and spirit on the place of thought and purpose, emotion and motive, ethics and inspiration, results in the education and elevation of the sensitive, and the increase of the knowledge of the operator as to the conditions on this side. So far from it being true that the effort to manifest is injurious to the spirit, we have known many instances where the communicating intelligence has declared—and given evidence of the fact—that he has derived great benefit from his association with the medium and the sitters who have assisted in the intercourse.

Mere 'Dabbling' Deprecated

Writing in 'Light,' Mr. J. J. Morse says that 'Andrew Jackson Davis, Hudson Tuttle, and other writers, if I correctly understand them, claim that mediumship is a constitutional condition and depends upon nervous adaption, i.e., "sensitiveness," and the quickening of the subjective (psychical) faculties, while, personally, my own firm conviction is that there is nothing inherently dangerous in "mediumship." The mere dabbling in mediumship, as either the means of a new sensation, or for the gratification of personal vanity, is to be thoroughly deprecated, as a perversion of some of the most wonderful possibilities of our natures; while the prosecution of mediumship, or anything else, to the detriment of mind, nerves, or health, in any direction, is a sin against oneself, and will inevitably call down the resultant penalties of physical and mental deterioration. I have many times advised inquirers who wished to know how to develop mediumship, unless they desired to do so for serious use, and within proper limits, not to seek its development at all. And in cases where I could clearly see it would prove personally detrimental, I have strongly advised the inquirer to let the matter entirely alone.'

Very much depends upon the objects entertained by the medium and the sitter, as also upon the character and intentions of the spirit who seeks to manifest his presence; but, on general lines, where people of average intelligence and
(Continued on Page 21)

HAVE YOU WRITTEN?

Have you been meaning to write us a letter? Your notes or letters would be most welcome, for this is the only way we have of knowing what articles you especially enjoy reading in the new Sentinel. Have we omitted anything you consider important? Have you any questions—to ask of the columnists or Editor? Do you have any material to submit for publication? Take a few minutes and write us—won't you?

—The Editor

FROM FIRE-MIST TO MAN

EVOLUTION SPIRITUALLY INTERPRETED

By Andrew Jackson Davis

Continued from last issue—

As soon as this compound and double motion was permanently established in the gelatinous masses beneath the sea, globular cells and corrugated layers gradually began to appear; and within these still other convoluted cells which in fact were the first embryonic eggs. And there and thus began the first polyparia and other radiated forms of life and animation. The first animated forms were polyganian and cotyldonous—that is, included the reproductive function and were many sided with vital cavities.

Human life journeyed from oceanic depths. Now, it may be easy for many to believe that mere fish-life originated from germinal eggs; but I perceive that all life, including that which composes the human soul—not the innermost spirit, remember, has journeyed all the way up from oceanic depths! I think that it can be demonstrated that the male and female forces constituting an immutable law originated the circulation of the fluid currents of life in the first beds of mucus; in short, the assertion may be conveyed beyond refutation and doubt, that these sovereign positive and negative forces caused Life to pulsate even before there was a heart to throb or blood vessels to transmit the current—yea, long before there was anywhere a Brain which might have willed the phenomena into operation.

Nature modifies animal organizations through the embryonic forces by means of what we term “cross-marriage,” somewhat as the forest wild-dog and the wolf produce a species of fox, and yet the latter will not mate with either of the former, but the first breed of canine race cross with each other and by modifying the spermatic fluids produce all the varieties we now know.

Let the elephantic spermatozoa mix with that of the lowest type of the dromedary and you have the bactrian camel. In like manner the mule comes from the mixture of the spermatic essence of the horse and the ass. When the affinitized offshoot mates with the original type, you get then a fourth modification of the pattern of another class; and thus race after race will be slow steps arrive, until all the different varieties of any one order of animals are fixed.

Some hybrids cannot procreate but have a powerful retrogressional tendency to mingle with, and lose themselves in, the original stock; and different species cannot, if far removed from originations, procreate together. But affinitized types can and do, and it is by this mating and cross-mating that horses, cows, sheep and the different mammalia appear in the variety which at present is so numerous.

THE A. B. C. OF SPIRITUALISM

By B.F. Austin, A.M., D.D.

16. *Do Spiritualists believe in the divinity of Jesus?*

Most assuredly. They believe in the divinity of all men. Every man is divine in that he is a child of God, and inherits a spiritual (divine) nature. Just as a man develops his intellectual and spiritual nature and expresses it in life, he is 'God manifest in the flesh.' Since Jesus attained to the manifested in a very unusual degree the divine attributes of spirit no Spiritualist would question his divinity.

17. *Does Spiritualism recognize Jesus as one person of the Trinity, co-equal with the Father, and divine in a sense in which divinity is unattainable by other men?*

No. Spiritualism accepts him as one of many Saviour Christs, who at different times have come into the world to lighten its darkness and show by precept and example the way of life to men. It recognizes him as a world Saviour but not as "the only name" given under heaven by which men can be saved.

18. *From the viewpoint of Spiritualism, how does Jesus save men?*

By his truth and by his life. According to the teachings of Jesus men become FREE (or saved) by knowledge of the truth. "Ye shall know the truth, and the truth shall make you free." Spiritualism fully accords with this. It holds that the whole duty of man is to find the truth, love the truth, follow the truth and that in so doing, he becomes a free man.

19. *Does not Spiritualism recognize special value and efficacy in the death of Jesus in saving men?*

No. Spiritualism sees in the death of Jesus an illustration of the martyr spirit, of the unselfish and heroic devotion to humanity which ever characterized the life of Jesus, but no special atoning value in his sufferings and death. The world has had uncounted illustrations of men who have died for the truth. All such deaths have a moral value and influence but not in a sense of a ransom price for the souls of others, as taught by the so-called orthodox churches.

20. *How do Spiritualists explain the statement of Jesus: "I and the Father are one?"*

They put alongside this statement another of his statements: "The Father is greater than I" and find an interpretation in which both are true.

The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first—of the individual understanding of a Great Teacher from other dimensions developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study, and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.



Selected Passages:

"Slow steps are sure steps when they are under the guidance of selflessness."

"Unto you is given what you have earned."

"What does it benefit your life to add a multitude of things and experiences if in the adding there is no light, there is no peace, and there is no lasting purpose."

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus 30¢ handling and mailing. Mail order to: Serenity Publications, P.O. Box 137, Forest Knolls, California 94933.

(Continued from Page 16)

rectitude seek communion with those they have known and esteemed, or loved, the results are almost invariably beneficial. There is every reason why this should be so if the common-sense precautions are observed of keeping a level head, exercising patience, exhibiting unselfishness and sincerity, and desiring good spiritual counsel and fellowship.

Mr. A. Morton truly says: 'Elevated spirits do not require mediums to surrender their reason; the true contrary they advise that every new thought should be tested in the crucible of reason, and that it be rejected if not in accordance therewith; but the control of domineering spirits, claiming the names of celebrities, who present unreasonable theories and in a dictatorial "thus saith the spirit" manner, demand unquestioning compliance with their commands, must be rejected by all mediums as debasing and inconsistent with self-respect. Humility is a distinguishing feature of all true greatness and wisdom.

...Any associations or concessions which have a tendency to lower the spiritual standard must be carefully avoided, for there is no growth in any relations which can only be maintained by the sacrifice of self-respect and self-justice.'

No medium should permit his love of approbation and desire for success to carry him away from the strict path of righteousness.

The Rational Course

The rational course for mediums and inquirers to follow is assuredly that of avoiding the extremes alike of credulity and sceptical incredulity, by letting the spirits do their best and then collating the facts observed and drawing conclusions. Care, patience, and perseverance will save both mediums and inquirers from many misconceptions and enable them to avoid the errors of others. Above all, mediums should observe their own feelings, study their own experience, try to understand and cooperate with the spirits, but never yield servile or slavish service, nor permit themselves to be swayed by flattery nor dominated by any spirit (in the circle or on the spirit side) who claims obedience, poses as an 'authority,' or refuses to recognize the rights of others.

(To be continued in next issue)



Cook Book Capers

by Edie Faubel

EDITOR'S NOTE—Please accept our apologies—we left out a very important ingredient in the Apricot Cookie recipe (February issue)! Please include 1 cup granulated sugar.

FILET OF SOLE AND MUSHROOMS

1 lb. filet of sole

2 chopped green onions

1 can mushroom soup

Juice of 1 lemon

Arrange fish in baking dish. Squeeze lemon over top and add all ingredients. Place in 400° oven about 20 minutes; serve at once. Excellent! Serves 6.

STRAWBERRIES 'N CREAM

Fresh whole strawberries

1 pint commercial sour cream

Dark Brown sugar

Wash berries, but do not hull. Place a few on a dessert plate with a spoonful of sour cream and a spoonful of brown sugar on the side. Eat with the fingers, using stem as holder; dip in cream, then roll in brown sugar. Different and delicious!

COOKING HINT

When you open a box of brown sugar, immediately put it into a plastic bag and secure the bag tightly. Stays moist and doesn't lump.

INVOCATION

O Spirit of Infinite Wisdom and Love, we yearn to come into a more perfect understanding of things spiritual. We aspire to express more of the beauty of the higher life: that sweet spiritual life which breathes upon a world weary and heavy-laden with heartaches and pains. With this deep purpose, this lofty ideal always before us, there is no yearning for former pleasures, no desire to seek the material conditions of life; but always a desire to strive for the purer and nobler things of the intellect and soul. We earnestly pray that we may always see the blessing shining through every dark and painful condition. When in our service to our fellow man, we become weary and downhearted, may the spirit messengers of light and love bring us comfort relief and encouragement. May we join forces with those ministering angels bringing consolation to the downcast, happiness to the sad, love to the friendless and hope to the despairing. Amen.

DEATH THE GATEWAY TO LIFE

Let us consider the mission of Death. Millions through the ages have beheld death with terror. Let us dispel the gloom. O death, thou givest a broader liberty, a more glorious freedom to the soul.

Not into a new life but into a new individual experience, for it is the same life that has unfalteringly kept its march through the ages and thou bringst its fuller realization.

Death hath not robbed thee of thy treasures. All the good thou hast done, all the noble thoughts thou hast expressed, live and are with thee still. O death, thou holdst within thy hands the key which unlocks the door of space and time.

Art thou bereft of friends and loved ones? Doth sorrow rest heavily upon thy aching head? and doth thy tired spirit seek forrest? Thou are not alone; thy friends, and loved ones were never so near to thee as now. All fetters broken, thy friends can draw nearer to thee now than ever before.

Rest shall thou find O Soul in the midst of thy sorrow, and thou shalt hold divinest communion with kindred spirits. What more exalting and uplifting than the communion and fellowship of emancipated spirits! In silence, soul speaks to soul; thought leaps forth without sound; intelligence is transmitted upon gentle waves of ether.

Then hast thou O Soul, realized thy relationship with Eternal Spirit. The spirit of man is indestructible, his soul immortal, his individuality everlasting, therefore let us not mourn and lament over Death—for Death is the gateway of life.

BENEDICTION

May the understanding of our minds, the meditation of our hearts and the obedience of our will to the still small voice within, lead us to live our Spiritualism with fidelity and fearlessness. Amen.



Busy Bees

by Barbara Murphy

"Busy Bees" is the funny little nickname we have for the Ladies' Guild because this is a way that the ladies from our church can help in an avenue that is fun and easy to do. Busy Bees are making Raggedy Ann and Raggedy Andy dolls to sell for the building of our own church and to keep our wonderful book department stocked. It takes funds to make all the improvements that are required to keep our doors open also.

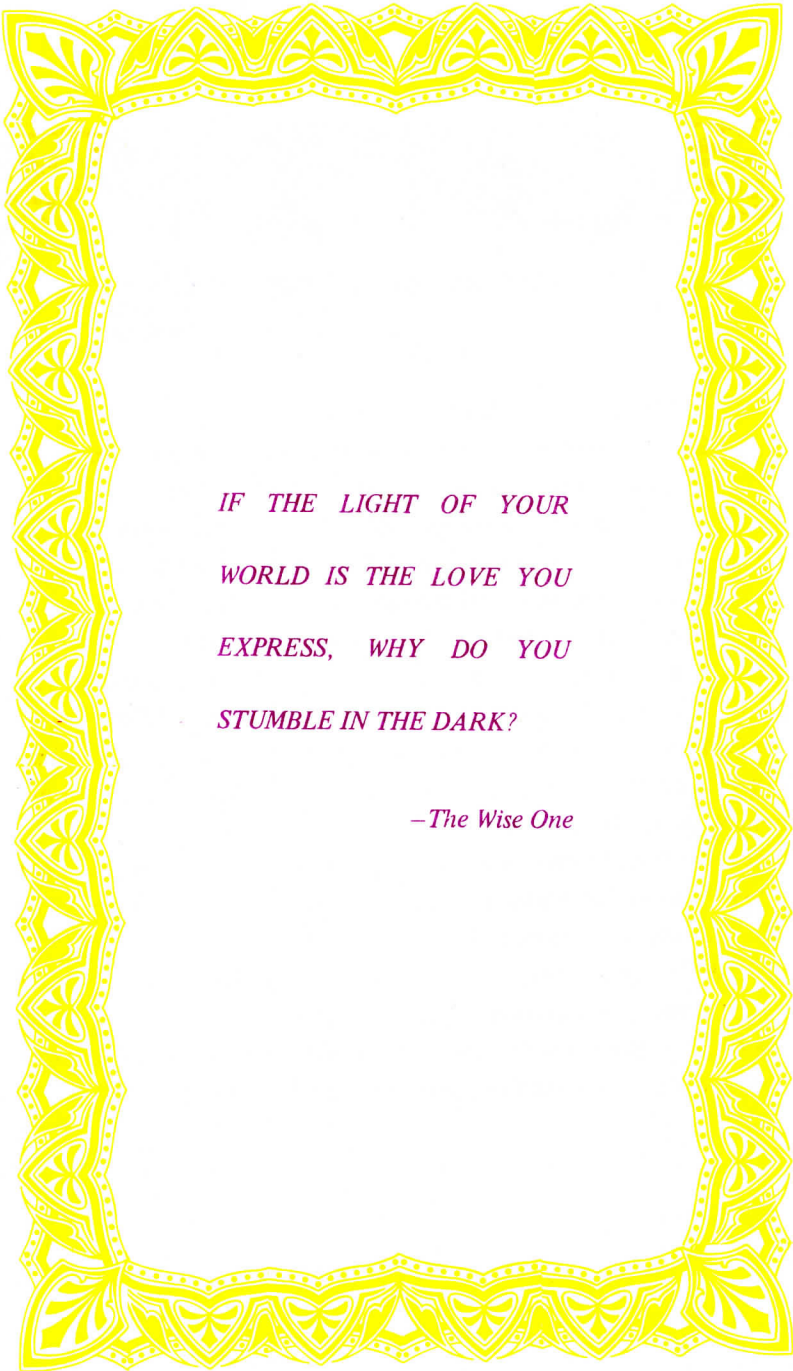
A few minutes a day on embroidering the little faces for the dolls or a Wednesday evening with some of the ladies from the church doesn't sound like much, but to the dolls it would make all the difference in the world because they want to be put together too. The doll-making is easy and fun for the whole family. I know because my family gets together on Wednesday nights at Mrs. Bonnie Droz' home to sing, laugh, and work with the ladies of the Guild. Many young girls from Serenity take some of the embroidery home with them to do after school or with their friends.

So much time is necessary in making each of these beautiful dolls. Won't you see how you can help? You know all donations to the church don't have to be of a material nature. Ask one of the workers at church this Sunday for ideas as to how YOU can help. Thank you!



DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.*
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.*
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



*IF THE LIGHT OF YOUR
WORLD IS THE LOVE YOU
EXPRESS, WHY DO YOU
STUMBLE IN THE DARK?*

—The Wise One

BECOMING A SPIRITUALIST

Spiritualism: God's Message
by H. Gordon Burroughs

More murders have been committed and more blood has been shed in the name of religion than in that of any other institution in God's universe. The very thing that should have brought peace, love, confidence, and hope to the human family has been the means of destroying at least the physical existence of thousands of people. Man did not understand God's first direct message, and in not understanding, built upon that message until the founder himself would not have been able to recognize the truth which he gave to the world. If Christ came to the earth today, he would be shocked to hear some of the things preached in his name.

Why is Spiritualism God's message? Because it is only through the apt development of the individual self, the constant effort on the part of the individual to grow, to become, to arrive, that we can feel and know anything of real value pertaining to God, to life, to death, to the entire scheme of human endeavor; and this conscious understanding of things is reached only after passing through aeons of time, cycle after cycle, growing with God. Man may pause for a while, but eventually he takes up the work and continues on.

You are ageless, because being a part of God you cannot be separated from Him. You are immortal because you are of God; and you cannot think of immortality to come without realizing a pre-immortality in which you have already existed. If you had been created spontaneously, we could think of you as having an end; something made must of necessity have an end. But you cannot be a creature of spontaneous creation. You are an individual part of God; you are a coworker with God; you are not separated from Him. You can have just as much of God as you are able to consciously to accept, or you can have as little of God as you desire -- until you grow to a greater consciousness of Him.

God, says Spiritualism, is all there is. God is not a person sitting out yonder upon a throne. We cannot think of Him as personal; if we do, He must have had a beginning somewhere. But God is the Eternal Perfect, becoming personal only as He manifests through you as an individual part of Himself. Spiritualism teaches the constant development of personality, that we arrive at the state in which we continue to grow, to move forward eternally, gain a greater perception of knowledge, and thereby a greater consciousness of God. God thereby takes on greater proportions. God, in other words, in His activity is the sum total of all spiritual consciousness and growth experienced by the human family; and as the human family grows to a greater usefulness and a greater consciousness, the manifestation of God becomes greater.



Lest We Forget

Gregory J. Adkins

'Gitz' Avery

Irene Bailey

Black Hawk

Georgia Bossingham

"Bugs"

Johnny J. Faubel

John F. Gillespie III

Dolores Pearl Goodwin

Harold Goodwin

Isa A. Goodwin

Esta Graham

Sarah Graham

Gretchen of Sleepy Hollow

Maud Iggledden

Stephen Iggledden

Alexis Nicholas Krivor

Clara Krivor

Lila

Magnolia

Mon Petit Chou

Donald Parenteau

John Quill

Rose

Sunny Ross

Ralph J. Stewart

Norman Tibbett

Margaret L. Walker

Robert Walker

Joss Waters

Palmer West

Willie

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column—Donation of one dollar per name.

Continued from Page 4

periences are reflections of levels of awareness that we are entertaining at any given moment and the law is totally impartial, it works at all times and in all ways. Remember, friends, no one does it to us and no one does it for us. We may be guided by our own spirit to seek help in a multitude of different areas but when it comes right down to it we, and we alone, will use what we receive wisely or foolishly. That is entirely up to ourselves.

We are never left without choice in this world or in any world because choice is the law of creation. We have the day and we have the night and so it is wherever you find form or creation; this constant choice, these decisions that must be reached. Most people think, "Well, I'm fortunate, I only have to make a few decisions in the course of a week." How sad and untrue that is. We are making decisions every instant of every moment. That is the very nature and characteristic of the mind because it is dual. We are choosing at this instant to listen or not to listen, to accept or to reject, and this process of the mind is going on constantly at all times. So let us think more deeply, my good friends, and let us be free here and now. Why wait and seek some heaven off in somewhere that we know not. Why not seek it this instant, because if we don't find it this instant, it is certainly indicative that we are never going to find it at anytime. This moment and this moment is your moment. Ask yourself what you are going to do with it.

Yesterday has gone with all of its joy and all of its sorrow. If man directs this great energy back there, he is only dissipating it for nothing can be done with that that has already happened. To this moment he can do everything, for he is this great power itself. So let us work with the moment in which we can do something. Usually a person worries about what is going to happen tomorrow, next week, next year, etc. Of what import is that if you are thinking in this moment and utilizing every bit of that energy to fulfill the true purpose of your soul's incarnation? It is stated, as least in this Serenity understanding, that joy is the inside job—that God is a God of joy. So let us be more godly in all our thoughts and activities and let us be joy this moment. Let us express the right of our own divinity here and now. Thank you.





Poet's Pen

Horse Sense

A horse can't pull while kicking.
This fact I merely mention.
And he can't kick while pulling,
Which is my chief contention.

Let's imitate the good old horse
And lead a life that's fitting;
Just pull an honest load, and then
There'll be no time for kicking.

—Unknown

Little Things

Little drops of water,
Little grains of sand,
Make the mighty ocean
And the pleasant land.

Thus the little minutes,
Humble though they be,
Make the mighty ages
Of eternity.

—Julia A. Fletcher

CHILDREN'S CORNER

Quarrelling

Let dogs delight to bark and bite,
For God hath made them so;
Let bears and lions growl and fight,
For 'tis their nature too.

But, children, you should never let
Your angry passions rise;
Your little hands were never made
To tear each other's eyes.

—Watts

Oh, my spirit guides, teachers and friends;
My dear spirit guides, teachers and friends;
Love and lead me, guide and teach me—
Protect me, my guides, teachers
and friends.

Lead me ever to the Light,
Lead me ever to the right,
Lead me ever to the knowledge
of the one Infinite God. Amen.

—Amy Esterowitz

FABLES FOR YOUNG AND OLD

THE LEOPARD AND THE FOX

The leopard, one day, took it into his head to value himself upon the great variety and beauty of his spots. Truly he saw no reason why even the lion should take place before him since he could not show so beautiful a skin. As for the rest of the wild beasts of the forest, he treated them all, without distinction, in the most haughty, disdainful manner. But the fox, being among them, went up to him and with a great deal of spirit and resolution told him that he was mistaken in the value he was pleased to set upon himself, since persons of judgment were not used to forming their opinion of merit from an outside appearance, but by considering the good qualities and endowments with which the mind was stored. **HOW MUCH MORE PLEASING AND POWERFUL WOULD BEAUTY PROVE IF IT WERE NOT SO FREQUENTLY SPOILED BY THE AFFECTATION AND CONCEIT OF ITS POSSESSOR.**

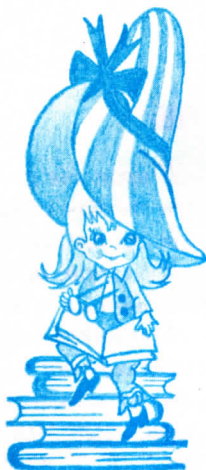
THE LION AND THE MOUSE

A lion was asleep in his den one day, when a mischievous mouse for no reason at all ran across the out-stretched paw and up the royal nose of the king of beasts, awakening him from his nap. The mighty beast clapped his paw upon the now thoroughly frightened little creature and would have made an end of him.

"Please," squealed the mouse, "don't kill me. Forgive me this time, O King, and I shall never forget it. A day may come, who knows, when I may do you a good turn to repay your kindness." The lion, smiling at his little prisoner's fright and amused by the thought that so small a creature ever could be of assistance to the king of beasts, let him go.

Not long afterward the lion, while ranging the forest for his prey, was caught in the net which the hunters had set to catch him. He let out a roar that echoed through the forest. Even the mouse heard it, and recognizing the voice of his former preserver and friend, ran to the spot where he lay tangled in the net of ropes.

"Well, your majesty," said the mouse, "I know you did not believe me once when I said I would return a kindness, but here is my chance." And without further ado he set to work to nibble with his sharp little teeth at the ropes that bound the lion. Soon the lion was able to crawl out of the hunter's snare and be free. **NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED.**



Serenity Books

SPIRITUALISM AND RELATED SUBJECTS

"SPIRITUAL COMMUNITY GUIDE FOR NORTH AMERICA"

by The Spiritual Community \$2.00

THE FACTS OF PSYCHIC SCIENCE

by A. Campbell Holms \$8.35

INSPIRED TALKS, MY MASTER AND OTHER WRITINGS

by Swami Vivekananda \$3.95

THE UNIVERSITY OF SPIRITUALISM

by Harry Boddington \$6.25

THE OPEN SECRET

by M. A. St. Clair Stobart \$1.25

IN TUNE WITH THE INFINITE

by Ralph Waldo Trine \$2.05

THE BEGINNINGS OF SEERSHIP

by Vincent N. Turvey \$5.20

*Book lists available on request. Make check or money order payable to:
Serenity Spiritualist Association, P.O. Box 137, Forest Knolls, Ca. 94933
Please add \$.30 per book for postage and handling.*

EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "I would like explained a certain paragraph which I find in the fifth volume of the *Great Harmonia*, page 406, in relation to the weight of the spiritual body to wit: 'The entire form would not, perhaps, weigh at spiritual birth more than three ounces!' Now what I should like to know is this—how can a substance which weighs three ounces escape my sight and touch? I can both see and feel a substance, of the size of the human body, which will weigh less than one ounce. I had supposed, and still think, that the human spirit is as light as air."

ANSWER: Our interrogator is mistaken in regard to the powers of his natural vision. He thinks he can "both see and feel a substance of the size of the human body which will weigh less than one ounce." Did he ever try the experiment in—a manner parallel to what the spiritual body would be?

Atmospheric air weighs 15 pounds to the square inch. Can our interrogator discern the immense weight that would fall within the compass of a human form? A grain of musk will diffuse its odor through every part of a large house, and a pound of the same would saturate a wide area of country air, yet neither the eye nor the touch could detect its presence or existence.

Trees and plants grow from substances absorbed out of the circumambient air, but who can see or touch those substances until they concentrate, through months and years, in the appropriate external forms? So with the spirit substance. It might weigh pounds instead of ounces, and that substance and that weight might exist within the dimensions of the physical body out of which it emanated, yet no human eye or hand is fine enough to detect its presence. It is so rare, so refined, so ethereal, so attenuated; but neither of these attributes can lessen the actual weight of the substance.

QUESTION: "You say that spirits' souls (their bodies) are composed of substances. If this be so, does the earth grow smaller by their leaving it....I ask for knowledge; will you instruct me?"

ANSWER: Take an acre of treeless and shrubless ground. Weigh it, and mark the exact number of tons of earth it contains. Now add a definite quantity of fertilizing soils and manures. Know how much it all weighs. (There should be no communication between this acre and the earth either beneath or at the sides.) Plant it with apple trees. In ten years the trees are large, and their combined weight would be many tons; but, on weighing the earth in which they grow, you would be astonished to find not a pound missing. This is true. The experiment may be tried in an earthen flower-pot. The leeching, etc., may be provided against or weighed from week to week. Yet the plant which this isolated bit of earth produces, although weighing several ounces or pounds, will not decrease the weight of earth in which it grew.

IT COULDN'T BE DONE

By Edgar A. Guest

*Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.*

*Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.*

*There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.*

zip _____ state _____ city _____
address _____
from : name _____

BUSINESS REPLY MAIL

No Postage Stamp Required if Mailed in the U.S.

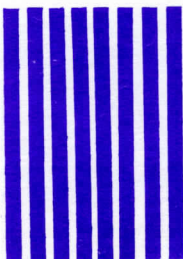
FIRST CLASS

Permit No. 1
Forest Knolls, Ca.

Postage will be paid by



P.O. Box 137
Forest Knolls, Ca. 94933



IT COULDN'T BE DONE

Serenity Spiritualist Church

AMERICAN LEGION LOG CABIN
San Francisco Blvd. San Anselmo

DAILY MEDITATION PHONE
924-4422

Devotional Services
SUNDAY - 10:00 A.M.

Spiritual Healing
Spiritual Awareness Classes
Spiritual Communication

RICHARD P. GOODWIN, President

Public Cordially Invited

ATTEND THE
CHURCH OF YOUR CHOICE

Serenity Spiritualist Association

Forest Knolls, Ca. 94933

NSAC

